

# Extra! Extra!

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## National survey shows reduction in non-medical prescription drug use among young adults

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**Media Contact:** SAMHSA Press Office

The number of people aged 18 to 25 who used prescription drugs for non-medical purposes in the past month declined 14 percent – from 2.0 million in 2010 to 1.7 million in 2011 – the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) announced today, during the 23<sup>rd</sup> annual national observance of National Recovery Month. Non-medical use of prescription drugs among children aged 12 to 17 and adults aged 26 or older remained unchanged.

In addition, the 2011 National Survey on Drug Use and Health (NSDUH), a survey conducted annually by SAMHSA, showed that the rates of past month drinking, binge drinking and heavy drinking among underage people continued a decline from 2002. Past month alcohol use among 12 to 20 year olds declined from 28.8 percent in 2002 to 25.1 percent in 2011,

while binge drinking (consuming 5 or more drinks on a single occasion on at least 1 day in the past 30 days) declined from 19.3 percent in 2002 to 15.8 percent in 2011, and heavy drinking declined from 6.2 percent in 2002 to 4.4 percent in 2011.

Overall, the use of illicit drugs among Americans aged 12 and older remained stable since the last survey in 2010. The NSDUH shows that 22.5 million Americans aged 12 or older were current (past month) illicit drug users – (8.7 percent of the population 12 and older in 2011 versus 8.9 percent in 2010).

Marijuana continues to be the most commonly used illicit drug. In 2011, 7.0 percent of Americans were current users of marijuana – up from 5.8 percent in 2007. Among youths aged 12 to 17, the rate of current marijuana use remained about the same from 2009 (7.4 percent) to 2011 (7.9 percent). Increases in the rate of current marijuana use occurred from 2007 to 2011 among adolescents (ages 12-17), young adults (ages 18 to 25), and adults

(ages 26 or older). Additionally, the number of people aged 12 and older who used heroin in the past year rose from 373,000 in 2007 to 621,000 in 2010 and 620,000 in 2011.

“These findings show that national efforts to address the problem of prescription drug misuse may be beginning to bear fruit and we must continue to apply this pressure to drive down this and other forms of substance use,” said SAMHSA Administrator Pamela S. Hyde. “Behind each of these statistics are individuals, families and communities suffering from the consequences of abuse and addiction. We must continue to promote robust prevention, treatment and recovery programs throughout our country.” The underage tobacco rate of past month use among 12 to 17 year olds continued to decline from 15.2 percent in 2002, to 10.7 percent in 2010 and 10.0 percent in 2011. The complete survey findings are available on the SAMHSA web site at: <http://www.samhsa.gov/data/NSDUH/2k11Results/NSDUHresults2011.pdf>

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### From Division Director Carrico:

It is with a great deal of sadness I notify you know Patty Daugherty is no longer part of ICJI. She has resigned to pursue a position that takes her closer to her family and also affords her the ability to assist family members whom are experiencing sudden major health problems.

**Therefore, please contact the former Program Manager you worked with prior to Patty; myself, Stephanie or Shannon.** If you sent Patty an email any time since **September 12<sup>th</sup>**, please forward the email to the correct person so we can ensure a timely response.

Should you have any questions, please feel free to contact us. We apologize for the inconvenience.

### Anti-Rx overdose campaign hits Indiana highways

Drivers along some Indiana highways soon will be met with the message that every 25 minutes someone dies from a prescription drug overdose in the U.S. Attorney General Greg Zoeller said Monday that 10 billboards are going up in Marion, Allen, Monroe, Jackson and Scott counties as part of a campaign to fight prescription drug abuse. He says that's the nation's fastest growing drug problem.

Indiana State Department of Health data shows more than 650 Hoosiers lost their lives to drug overdoses in 2010. A new Prescription Drug Abuse Task Force consisting of lawmakers, police, health officials, pharmaceutical representatives and others met for the first time last week.

## October is National Medicine Abuse Awareness

On Wednesday night, the U.S. Senate passed a resolution naming October a National Medicine Abuse Awareness Month. CADCA and the Consumer Healthcare Products Association (CHPA) applaud the U.S. Senate for passing S.Res.564, which calls for increased national attention and awareness of prescription and over-the-counter (OTC) medicine abuse among teens. The resolution, sponsored by U.S. Senators Dianne Feinstein (D-Calif.) and Chuck Grassley (R-Iowa), urges communities to carry out programs and activities to educate parents and youth of the potential dangers associated with medicine abuse. "While over-the-counter and prescription medicines are safe and necessary when used properly, too many teens are abusing these drugs to get high. That's why we commend the U.S. Senate for passing this important resolution," said Gen. Arthur T. Dean, CADCA chairman and

CEO. "Throughout National Medicine Abuse Awareness

Month, CADCA coalitions all across the United States will be holding events to educate their communities about the dangers of medicine abuse and to discuss solutions to the problem. These grassroots efforts can spur a nationwide dialogue about prescription and over-the-counter drug abuse in communities and among families across the country."

CADCA is a partner of CHPA's StopMedicine-Abuse campaign to increase parental awareness of teen abuse of OTC cough medicines containing dextromethorphan. According to the National Institute on Drug Abuse's 2011 Monitoring the Future Survey, approximately 5 percent of teens have abused these medicines – sometimes as much as 25 times the recommended dose – to get high.

"Over-the-counter cough medicine abuse is a

behavior that often goes undetected by parents. The mission of our StopMedicineAbuse campaign is to educate parents about this issue and to encourage them to talk to their teens and to safeguard their medicines. We thank the Senate for bringing medicine abuse to the national forefront so that we can all work together to raise awareness," said CHPA President and CEO Scott M. Melville.

CADCA has developed a Grassroots Media Kit with a sample resolution that communities can take to their local or state government. To download the resolution template, [click here](#). The full Grassroots Media Kit is available [here](#). To learn more about National Medicine Abuse Awareness Month and about all of CADCA and CHPA's activities to curb prescription and OTC cough medicine abuse and to order free brochures, visit [PreventRxAbuse.org](http://PreventRxAbuse.org) and [Stop-MedicineAbuse.org](http://Stop-MedicineAbuse.org).

## Calling on students: Make the Call

WEST LAFAYETTE, Ind. - Purdue University students and staff are rolling out a new online video, "Make the Call," to explain alcohol poisoning and urge everyone to call for help when someone is in a life-threatening situation after drinking.

The video also explains the Indiana Lifeline law and Purdue medical amnesty policy, both designed to protect individuals from legal or disciplinary action when they call for help.

"The Indiana Lifeline law and Purdue's medical amnesty policy were set in place by students for students," said Joseph Rust, president of Purdue Student Government. "Students' well-being comes first, and that's what this video is conveying. It's telling students 'Make the call. Get help. Save a life.'"

The video, available at <http://www.purdue.edu/makethecall>, depicts a student who has alcohol poisoning and how his friends make the decision to call for help. It includes commentary from Dana Wislocki, a Purdue paramedic, and Jeffery Stefancic, the associate dean of students in the Office of Student Rights and Responsibilities.

"Previous data showed the primary way that students responded to alcohol poisoning was to monitor a person who had passed out," said Tammy Loew, health advocacy coordinator for the

Student Wellness Office. "This was disconcerting because a person's blood alcohol concentration can continue to rise even while he or she is passed out. Even after a person stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream and circulate throughout the body. It is dangerous to assume the person will be fine by sleeping it off."

"The most important response is to make the call and get the victim medical attention. Students also needed to know that the university and legal system will support their decision to get medical attention."

Purdue Fire Chief Kevin Ply, whose paramedics respond to calls for help, says critical signs of alcohol poisoning include any of the following:

- \* Person is unconscious or semiconscious and cannot be awakened
- \* Cold, moist, pale skin
- \* Slow, shallow breathing
- \* Vomiting while "sleeping" or passed out, and not waking up after vomiting

If alcohol poisoning goes untreated, Ply says, it can result in several life-threatening situations, such as:

- \* Victim chokes on his or her own vomit
- \* Breathing slows, becomes irregular or stops

\* Heart beats irregularly or stops

\* Hypothermia (low body temperature)

\* Hypoglycemia (too little blood sugar) leads to seizures

Untreated severe dehydration from vomiting can cause seizures, permanent brain damage or death.

Even if the victim lives, an alcohol overdose can lead to irreversible brain damage. Rapid binge drinking is especially dangerous because the victim can ingest a fatal dose before becoming unconscious.

"This video is a collaborative effort involving several campus partners, including students," Loew said. "We're pleased that the information is now readily available in one location, and we hope that student groups of all sorts watch it and spread the word."

"While we hope they never need it, students will find the information they need to save a life."

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## Monroe County CARES

**When: October 18th from 3-5**

**Where: First Christian Church  
205 E. Kirkwood Avenue  
Bloomington, IN**

About the CARES board: Monroe County CARES Inc., is a local coordinating council of the Governor's Commission for a Drug Free Indiana, and is designed to coordinate, support, and promote local efforts to prevent and reduce harmful involvement with alcohol and other drugs.

[www.monroecountycares.org](http://www.monroecountycares.org)

Questions? Contact Lisa Meuser at: 812.327.3642 or [lmeuser@me.com](mailto:lmeuser@me.com)



## Warren County LCC

The Warren County LCC will host a luncheon at Hotel Attica (126 North Perry Street Attica, Indiana 47918) on Oct 18 at 11:30 (cost of lunch paid by attendee)

Sheriff Rusty Hart has arranged for a guest to speak to us. The guest was arrested for a meth lab in her home. She lost her children. She has made a complete recovery and now successfully operates a local restaurant.

Secondly Probation Officer Stacy Miley has arranged for a man who is in the Drug Accountability Court Program. He will share his thoughts and his progress.

Contact **Roy Stroud** at [rls11161947@gmail.com](mailto:rls11161947@gmail.com) for more information.

## Bill Would Require Most Painkillers to Have Safeguards to Prevent Abuse

A bill to be introduced Thursday in the U.S. House would require most painkillers to have safeguards to prevent abuse, [The Wall Street Journal](#) reports.

Under the provisions of the bill, most prescription painkillers would have some form of abuse deterrence, such as being more difficult to crush or inject. The exact details of how drug manufacturers could meet the new standards are vague, the article notes. The bill does not set time lines for compliance.

If pain medications did not adopt the safety features outlined in the

bill, they would be removed from the Food and Drug Administration's (FDA) approved list of generic drugs. While several brand-name painkillers, such as OxyContin and Opana, have tamper-resistant formulations, most generic painkillers do not.

Patents for OxyContin and Opana are set to expire in 2013. The FDA has not yet ruled whether abuse-deterrent features will be required on the generic versions of those drugs.

"This bill should help protect first-time users and younger people who gain access through relatives

or their own family's medicine cabinets," the measure's lead sponsor, Rep. Bill Keating of Massachusetts, told the newspaper. Congress is "understanding the scope of this and looking at it as a major public health epidemic," he added.

He said there is broad bipartisan support in the House for the measure. The bill's cosponsors are Republicans [Mary Bono Mack](#) of California and Hal Rogers of Kentucky, and Democrat Stephen Lynch of Massachusetts.

The Generic Pharmaceutical Association opposes the bill. "The proposed legislation would be detrimental to patients and could potentially remove FDA-approved safe and effective generic medicines from those who rely on them," said the group's president, Ralph G. Neas. "Addressing prescription-drug abuse is of utmost importance to the generic pharmaceutical industry. Policy makers should let the medical evidence guide actions in addressing this critical issue."

## Annual Indiana youth survey: Upward trend of marijuana use stalls, OTC drug use a concern

### FOR IMMEDIATE RELEASE Sept. 5, 2012

BLOOMINGTON, Ind. – Alcohol, cigarette and marijuana use by Indiana sixth- through 12-graders has declined or held steady since 2011. This trend signals an end to the rise in marijuana use among Indiana youth seen since 2008. However, findings from the 22nd Annual Survey of Alcohol, Tobacco and Other Drug Use revealed an increase in over-the-counter drug abuse among sixth-graders.

"In the U.S. it has been shown that the leading over-the-counter drug abused in the U.S. is dextromethorphan, which is found in more than 120 cough and cold medications," said Ruth Gassman, director of the Indiana Prevention Resource Center at Indiana University's School of Public Health-Bloomington; the center conducted the survey. "Using medications with this ingredient as directed is safe; however, youth who consume large quantities do so to achieve dissociative effects, such as hallucinations,

euphoria and dream-like states. "In Indiana," she said, "children of any age may purchase these cough and cold medications, and certainly they are accessible from the family medicine cabinet. Some vendors have chosen voluntarily to restrict the sale of these substances to minors."

New mental health questions on this year's survey revealed that 27.4 percent of Indiana 10th-graders reported feeling sad or hopeless, and 8.2 percent of eighth-graders attempted suicide. **Marijuana use**

The survey revealed an end to the upward trend in lifetime and past-month useage of marijuana among several grades.

"While this is good news, we need to be concerned that youth may instead be using other drugs that mimic marijuana," Gassman said. "Drugs such as K2 and Spice are banned in Indiana, but some businesses are selling it surreptitiously."

The 2011 lifetime rates of marijuana use in Indiana are lower

than national rates for Grades 10 and 12 based on data from the Monitoring the Future Survey, an ongoing study conducted by the University of Michigan on the behaviors, attitudes and values of American secondary school students, college students and young adults.

### **New survey questions: Prescription drugs, mental health**

The 2012 survey included several new questions that asked students about their access to prescription drugs in addition to questions that pertain directly to mental health. Students were asked about having suicidal thoughts and feelings, whether they had a parent who served in the military, and also whether they had a parent who was incarcerated during the past year.

The survey, coordinated by the Indiana Prevention Resource Center and funded by the Indiana Family and Social Services Administration's Division of

Mental Health and Addiction, was administered to 138,519 students in public and private schools.

This was the first year that schools had the option of administering the survey either online or by paper and pencil. Close to 18,000 students participated electronically, and the expectation is that this number will increase in the future.

"Given that the majority of schools in Indiana have computer labs, the online survey is an easy, economical and confidential approach for administrators and students," Gassman said.

The Indiana Prevention Resource Center provides substance abuse and gambling prevention, treatment and recovery resources and services for those working with youth in schools and communities throughout Indiana.

**The [full survey](#) report is available online.**

## Reminders

### CCP/Updates due November 1, 2012

Crawford, Delaware, Floyd, Fulton, Ohio, Scott, Starke, Switzerland, Wells, Clinton

### Next Commission Meeting:

October 30, 2012 10:00am-2:00pm



The Governor's Commission  
for a Drug-Free Indiana

### LCC's presenting:

Carroll, Clay, Clinton, Daviess, Decatur, Hamilton, Harrison, Howard, Huntington, Jackson, Jasper, Monroe, Montgomery, Newton, Noble, Orange, Owen, Steuben, St. Joseph, Sullivan, Tippecanoe, Tipton, Vanderburgh, Vermillion, White and Whitley

Please let your Program Manager know if you plan to attend, or would like to submit information.